



08

Drive up
standards



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Faith in
togetherness



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Right way
to recycle

the newham mag

issue 384 // 23 February – 8 March 2018 // Every fortnight



Home
sweet
home

Benefiting from
regeneration (p14)

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News

Housing scheme is the tops

Mayor Sir Robin Wales helped lay the final bricks to officially welcome a new 19-storey tower to the regeneration area of the Royal Docks.

Sir Robin and David Lunts, the Greater London Authority's executive director of housing and land, joined apprentice Martynas Aleksa on the rooftop terrace at Royal Docks West for a topping out ceremony almost a year after construction started on site.

The completion of the tower marks a successful first phase of the scheme by developers Mount Anvil. It consists of 105 homes, including 26 affordable properties. Also taking part in the ceremony were Killian Hurley, chief executive of Mount Anvil, Deputy Mayor (Statutory) and Cabinet member for regeneration Councillor Ken Clark, and Jeremy Rees, chief executive of ExCeL London.

Mr Hurley said: "The topping out of the first phase of Royal Docks West is a proud moment. Not only have we had the

privilege of working with Newham Council and others to deliver much needed, high-quality new homes, we've also been able to create new jobs for the local community."

Of the 150 people on site every day, more than 40 per cent live locally and 18 young people from Newham have undertaken apprenticeships and work experience placements at Royal Docks West over the past year.

Mayor Sir Robin Wales said: "The regeneration of the Royal Docks offers new and exciting opportunities. We have a vast landscape to create new jobs and homes and we are delighted schemes like Mount Anvil's Royal Docks West are playing an important part in achieving that.

"Job creation is critical to Newham Council's agenda and we are looking forward to continue working with Mount Anvil to bring further employment opportunities to the area and upskill the young talent we all need to build the homes for tomorrow."



Celebrating the achievement

Tower brings homes and jobs

News

Surgery is a real tonic

Mayor Sir Robin Wales visited a medical practice in Forest Gate to congratulate them on completing their new facilities and being awarded a rating of outstanding by the Care Quality Commission.

The Woodgrange Medical Practice in Woodgrange Road is one of only nine practices in the whole of London to have achieved the rating.

GP partner Dr Yusuf Patel said: "To be rated as outstanding is no mean feat because it recognises exceptional work and reflects on the whole team here at the practice."

The Mayor and Deputy Mayor (Statutory) Councillor Ken Clark were able to tour the refurbished surgery which is situated in a former bank. It has recently been refurbished and expanded with four additional consulting rooms.

The Mayor said: "The expansion and CQC rating is great news for the 12,700 patients who are registered with the practice."



The Mayor and Cllr Clark at the surgery

Illegal cigarettes and DVDs uncovered



The haul of tobacco

Newham Council enforcement officers have uncovered an illegal haul of four kilograms of counterfeit rolling tobacco, almost 2,000 illegal cigarettes and 120 counterfeit adult DVDs.

The plain-clothed officers were patrolling as part of Operation Dasher, which targets the misuse of Blue Badge parking, when they spotted a person acting suspiciously in High Street North, East Ham. He was confronted and searched and the haul with an estimated street value of £1,500 was found.

Cllr Forhad Hussain, Cabinet member for crime and anti-social behaviour, said: "The illegal sale of counterfeit and smuggled tobacco not only robs the exchequer of millions of pounds of revenue a year, but the products can often contain horrendous contaminants.

"Smoking poses various risks to health but these products pose an even greater risk. If you're offered them don't buy them and report the matter to trading standards enforcement officers."

Fake haul worth £1,500

...in brief

Wartime bomb evacuation

More than 60 residents were looked after in a temporary rest centre at the Old Town Hall in Stratford after being evacuated from their homes when a 500kg wartime bomb was found near Silvertown's London City Airport.

The council set up the centre in support of a police operation to move families from two exclusion zones as the Royal Navy worked to remove the device from the water of King George V dock. Mayor Sir Robin Wales and councillors visited families who had been evacuated.

The device was floated through the dock and along the Thames before being detonated off the Essex coast.

Robert Sinclair, chief executive of London City Airport said: "I would like to thank the Navy, police and Newham Council for their professionalism and expertise in bringing this incident to a safe conclusion."



The Mayor at the rest centre

Time for some restoration

Clocks in Forest Gate and Stratford are to be temporarily removed this month as part of the building work for Crossrail and then restored by clockmakers Smith of Derby whose work includes the St Paul's Cathedral clock.

The ornamental water fountain in Woodgrange Road, which holds the clock in Forest Gate, will also be restored. It will return in a slightly different location to allow for changes to the road layout.

The twisty clock tower near Maryland Station in Stratford will also move slightly on its return because of road layout changes. For more information visit www.newham.gov.uk/Crossrail

Book in to meet author

Times best-selling list writer Vaseem Khan, author of the Baby Ganesh Detective Agency series of books, will be at Custom House and Canning Town Community Neighbourhood Centre on Thursday 1 March to discuss his work, growing up in Newham and working in India.

The session takes place from 6.30pm to 7.45pm at the centre in Rathbone Market. For more information contact the community neighbourhood team on **020 3373 0854** or email **CN.CustomHouseCanningTown@newham.gov.uk**

Stadium parking restrictions

Parking restrictions are in place around London Stadium in Queen Elizabeth Olympic Park on West Ham United match days.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in RPZs at this time. The next event day is Saturday 10 March (Burnley).

Shop loses licence appeal

An East Ham supermarket has lost its appeal against Newham Council's decision to remove its licence to sell alcohol.

Thames Magistrates Court heard that Cost Saver at 2-4 High Street North had a long history of licence breaches including under age sales, selling out-of-hours, selling above strength alcohol and the illegal sale of imported cigarettes.

The court agreed to uphold the decision to revoke the licence. All alcohol had to be removed from the premises.

500kg device in dock near airport

Mayor's view

Mayor proposes tenth year

The cuts to local authority budgets are falling on some of the most deprived areas, which will prevent many councils from doing more to help their most in need residents. This is forcing them into debt with many hard-working families on low incomes struggling to make ends meet and relying on in work benefits.

Here in Newham we also face significant challenges and we are doing all we can to meet them. Our grant funding from Government has been cut by almost half since 2010 and as a result the council has been forced to make £173.8m of savings. A further £1.171m of savings is identified in the 2018/19 budget.

Despite this, my budget proposals for 2018/19 see us balancing the books and will help our residents on the lowest incomes in the years to come.

I am proposing for the tenth year that we freeze the Newham element of Council Tax. I am also recommending no cuts to frontline services and Newham's Band D Tax precept be kept at £945.63 for 2018/19.

I am also proposing that money is set aside from this year's budget to pay for a plan to be implemented in 2019/20 that would see Newham residents on the lowest incomes only having to pay half of what they would be expected to pay in Council Tax.

In addition, from 1 April, I propose that young people leaving the care of the council pay no Council Tax until they reach 25 and that grieving families do not have to pay burial and cremation charges for children and young people under 18. There is also provision for post-Grenfell safety works.



Police and enforcement



Street cleanliness



Year of Council Tax freeze

I also want to continue investing in the things residents say are important to them. These include:

- continuing to renew our roads, pavements and street lights;
- paying for 40 additional police officers to deal with crime and anti-social behaviour issues including those that are gang and youth-related;
- an enhanced enforcement presence;
- free school meals for primary school pupils;
- a renewed focus on young people, including investing in skills and training;
- an expanded Every Child programme;
- a pilot Newham Living Well programme that explores new ways of delivering more personalised home care for older people and those with complex needs.

We have known for some time that traditional ways of doing things no longer work and the council has saved money by being innovative and efficient and changing how we operate. That includes our family of small businesses which have generated substantial income, and a sensible investment strategy in commercial property which will bring in £4.4m next year. Our work is changing people's lives and the level of trust in us is at the highest level ever.

But more than that we are making sure our services are protected from cuts and continuing to invest in areas and new programmes. That means more properties for homeless households, pilot schemes in adult social care and opportunities for our young people.



Every Child programme



Free school meals

Working to drive up housing standards

In a recent survey almost nine in ten residents who took part said they supported Newham Council's work to improve the quality of life for tenants in the private rented sector (PRS). Members of a Parliamentary inquiry team looking at property licensing in the private rented sector joined Mayor Sir Robin Wales to see that work in action.

In 2013 Newham was the first local authority in the country to introduce borough-wide property licensing for landlords operating in the private sector. Since then the council has prosecuted 1,225 dodgy landlords, stopped 28 of the worst offenders from operating altogether, issued 2,384 notices to fix serious hazards and recovered more than £3.5m in unpaid Council Tax from landlords.

A Communities and Local Government Select Committee is looking at how councils can best tackle criminal landlords and drive up standards in the private rented sector. The committee, including chair Clive Betts MP and Helen Hayes MP, visited a number of properties to see some of the poor housing conditions that some tenants face. It will publish a report later this year.

The Mayor, on behalf of the council, was invited to give evidence to the committee about the important role Newham's private rented sector licensing scheme has played in uncovering exploitation of tenants.

Sir Robin told the committee: "Twenty-five people in a three-bedroom house is not unusual. We have seen two people living in a walk-in freezer and people being charged £500 for a bed in a room with four bunk beds. These are shocking conditions. Our work is changing people's lives."

Newham has been allowed to renew its licensing scheme for another five years, with the exception of the E20 postcode.

The MPs also heard from other organisations and charities involved in the housing sector, who spoke positively about Newham's scheme.

Tenants rights group Generation Rent told the Parliamentary committee: "The best case study we have of licensing so far is Newham. It has recently had its scheme renewed by the Government. On the basis that it has driven landlords out of the market, it has seen landlords prosecuted and it has seen other forms of enforcement that may have ended up with the landlord becoming compliant, then it has been very effective."

Charity Citizens Advice said: "Newham is always cited as the one borough that carries out the majority of enforcement in London, and about half nationally."

All landlords with privately rented properties must have a licence to operate legally. Newham's 23,837 registered landlords have until 15 March to reapply for their licence at the early bird discounted fee of £400. After this time the regular licensing fee of £750 will apply.

To apply go to **www.newham.gov.uk/propertylicensing** and click Apply for a Licence. You can also report a private rented property if you suspect it doesn't have a licence.



The Mayor with members of the Select Committee and examples of poor housing that has been discovered

• HEALTHIER • BETTER • FITTER • FASTER • STRONGER •



Get FITTER with active newham

in partnership with

Newham London

Atherton Leisure Centre, 189 Romford Road, London E15 4JF

Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ

East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT

Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN

Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

*This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

To find out more call 0300 124 0123⁺ or visit
www.activeNewham.org.uk/together

Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. Applicants and the Social Enterprise must be located in these Boroughs.

What is the Beyond Business Programme?

Beyond Business has already launched a network of 70 plus Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training and mentoring.

Is my idea for a social Enterprise eligible?

- To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:
- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environmental improvements.
 - Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
 - Full eligibility criteria will be sent to all applicants.

How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 25th September 2018 - funding then approved for successful applicants.

Need an expression of interest form?

Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT
Telephone: 020 8709 9722

Email: Kim.Hayman@bbbc.org.uk

The closing date for Submission of Expressions of Interest is 5pm - 27th April 2018.

For any other information, please contact Kim Hayman



NHS

WHEN STROKE STRIKES, ACT F.A.S.T.

FACE
HAS IT FALLEN ON ONE SIDE?

ARMS
CAN THEY RAISE THEM?

SPEECH
IS IT SLURRED?

TIME
IF YOU NOTICE
ANY OF THESE SIGNS
MAKE THE CALL
DIAL 999

Search 'Act Fast'

Act FAST to prevent stroke risk



Cllrs Clive Furness, Neil Wilson, Aleen Alarice and Joy Laguda raise stroke awareness

Stroke is one of the leading causes of premature death and disability. It is devastating for individuals and families. Knowing the signs and symptoms and quick action can mean people who have a stroke are more likely to survive and have a good recovery.

A stroke is a brain attack where blood supply to the brain is cut off. You should call 999 immediately if you notice any one of the signs of a stroke in yourself or in others. The Act FAST campaign from Public Health England gives the following signs to look for:

- **Face** – has their face fallen on one side? Can they smile?
- **Arms** – can they raise both arms and keep them there?
- **Speech** – is their speech slurred?
- **Time to call 999 if you see any one of these signs!**

People at greater risk of a stroke are those with certain medical conditions like high blood pressure, diabetes and high cholesterol, as are people from certain ethnic groups, including South Asian, African and the Caribbean. This is partly because high blood pressure and diabetes are more common in these groups.

Lifestyle factors like smoking, being overweight, excess alcohol consumption, poor diet and lack of exercise can also increase the risk.

Councillor Clive Furness, mayoral adviser for adults and health, said: “Recognising the signs and symptoms of stroke

and acting fast can help save lives. Prevention is key so it's important we all lead as healthy a lifestyle as possible to reduce the risk.”

For more information www.stroke.org.uk

Local support and advice

Newham Stroke Club

Monday and Wednesday, 2-5pm
Katherine Road Community Centre, E7
Email Newham.stroke.club@gmail.com
or call 07852 387633

Newham Together We Can Stroke Group

Friday, 2-4pm
Plaistow Library, E13
Email John.McGlone@stroke.org.uk
or call 020 7940 1341

Newham Stroke Recovery and Support Service

West Beckton Health Centre, E16
Contact Yusra.Uney@stroke.org.uk
or call 020 7474 0003

Together we can do more



Newham Council believes a strong, resilient community that works together to achieve common goals enhances the lives of all our residents. That is why the theme of this year's fourth annual Connecting Faiths and Building Communities Conference event was community cohesion.

More than 200 people representing faith groups from across the borough attended the conference, organised by the council's eight community neighbourhood teams, at the Old Town Hall in Stratford. The aim was to help build on the work of faith organisations and consider how that work could be used to benefit the borough as a whole.

Deputy Mayor (Statutory) Councillor Ken Clark, Cabinet member for community neighbourhoods, welcomed people to the event. He said: "I applaud the work that faith organisations do to bring this community together, to keep it together, and to move forward together. Working with you through our community neighbourhoods, we are helping to build communities and make Newham an even better place to live."

Councillor Clark explained how community neighbourhood programmes are building an

understanding between different groups and building mutual trust and respect by breaking down stereotypes and misconceptions. Faith forums have been established in the neighbourhoods, offering the opportunity for regular networking and discussion between groups, councillors and council services.

The conference was chaired by award-winning journalist and presenter Tamanna Rahman. Other speakers included Mayor Sir Robin Wales, Iona Lawrence from the Jo Cox Foundation, and Fiyaz Mughal from TellMAMA, the organisation that supports victims of anti-Muslim hatred.

There was a themed market place featuring providers from a range of services including the Metropolitan Police and the council's safeguarding and grants teams.

Four participatory workshops explored how people can work together at a local level to build a stronger community. Subjects covered were hate crime, youth engagement in decision-making processes, community spirit and building cohesion through the arts.

There were performances by the choir from Quwwat-ul-Islam Girls' School, Stratford East Singers and Stratford Poetry Group.



Fiyaz Mughal



Sir Robin Wales speaking at the conference



The Stratford Poetry Group



Stratford East Singers



Iona Lawrence



Workshop at the conference



Tamanna Rahman



Attendee at one of the workshops



Youth Council at one of the market place stalls

Mayor Sir Robin Wales said: "This is the fourth year of hosting the conference and it speaks wonders about the people of Newham that it keeps going from strength to strength.

"Community cohesion is at the heart of our vision for the borough. People need strong networks and relationships, because a big part of our strength comes from those around us and the community we belong to. The fact we can bring a diverse group of people together to celebrate our shared Newham identity and to find new ways that we can all work together, should be an example to others. Together, we achieve more."

Find out about community events in your neighbourhood by downloading the free What's On app by visiting
www.newham.gov.uk/communityevents

London Borough of Newham
**COMMUNITY
 NEIGHBOURHOODS**



Esther Gyamerah

Benefits of staying put

The regeneration of Canning Town and Custom House has been a long-term commitment of Newham Council with the promise of high quality homes, jobs, and better health provision, retail facilities and open spaces. There is also a promise that residents who have to be rehoused because of development work, can stay in the area.

Christina Hall, Pamela Hicks and Esther Gyamerah have benefited from the Residents Charter that ensured secure council tenants had the right to remain in the area. They have moved into new homes in Fife Road, part of the East City Point development, just streets away from their former properties.

Former teaching assistant Christina Hall has lived almost all her life in Canning Town. In 1976 she moved into Bothwell Close. She said: "We had known for years that the area was due for regeneration. The whole process however could not have gone better. The council team made it so easy."

Christina has moved into a new three-bedroomed home close to her old one. She said: "I don't feel as if I've moved. It's beautiful. I've got the same church and the same doctor. I visit Rathbone Market and the Barking

Pamela Hicks



Road shops and post office just like I've always done."

Pamela Hicks lived in Forty Acre Lane for 43 years before moving into one of the new properties. She said: "I was anxious at first but the regeneration team put my mind at rest. The transition has been very easy and I'm completely settled in my new home and enjoying every minute. I feel as if I've been living here for years."

Pamela has a three-bedroomed property with a garden. She added: "In some ways it is like nothing has changed, but everything is new and lovely. I'm in the same area and haven't had to change my routines."

Esther Gyamerah lived in Lawrence Street with her husband, two sons and a daughter, having moved in 20 years ago. She believes regeneration is good for the area. She said: "I definitely wanted to stay in Canning Town. I work at Canary Wharf so it is very convenient for me. I

Christina Hall



know the area well and my children went to school here.

"I love my new home and the fact it has a garden is great. I love the kitchen layout, the spacious bathroom and the fact there is a downstairs toilet. It is the high quality of the property that I really like."

Councillor Ken Clark, Newham's Deputy Mayor (Statutory) and Cabinet member for regeneration and planning, visited Christina, Pamela and Esther in their new homes. He said: "We have always been clear that residents who want to stay in the area can do so. The £3.7bn regeneration of Canning Town and Custom House is one of Newham Council's highest priorities. I'm delighted that residents are enjoying the benefits."

If you want to find more information about the regeneration of Canning Town and Custom House visit www.newham.gov.uk/ctch

International WOMEN'S DAY

Friday 9 March 2018, 9.30am-1.30pm

Newham Town Hall, Barking Road, East Ham, E6 2RP

Free

This year's theme is 'Press for Progress', so join us for a week of free events to celebrate the achievements of women in Newham and 100 years since (some) women were given the right to vote in the UK.

Hear from inspirational female speakers and much more. Entry is on a first come, first served basis.

For more information, email
Noreen.Mukalazi@newham.gov.uk
or call 020 3373 0332 / 07814 615 350.

For a full list of all the events happening during the week, visit: www.newham.gov.uk/IWD



International
Women's Day

#PressforProgress



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Early Bird
DISCOUNT



It's time to reapply for your Selective Licence.

Thank you for being a licensed landlord. Our licensing scheme makes Newham a better place to live – so make sure you join our 23,837 selective landlords in reapplying for your licence.

Your licence has expired but you can reapply now.

Make sure you apply by **15 March 2018** for the early bird discounted fee, which is just **£400**.

After this time the regular licensing fee of £750 will apply.

To apply, go to www.newham.gov.uk/propertylicensing and click 'Apply for a licence'.



Help us tackle the litter droppers

Tackling littering, fly-tipping, and anti-social behaviour is a priority for Newham Council and we work hard to ensure that our streets are both clean and safe for residents.

Fly-tipping has a negative impact on our quality of life and we are no longer content to just come out and clean up the mess. Instead, enforcement officers issue fixed penalty notices (FPN) to those who drop litter and we have invested £1 million in setting up a specialist team, the Fly-tip Task Force, to tackle fly-tipping.

In addition to FPNs, since April last year we have successfully prosecuted 11 people at Thames Magistrates Court for littering with fines and costs totalling £3,090 being handed out.

We have also successfully prosecuted 20 fly-tip cases over the same period with those convicted having to pay £30,696 in total. A total of 21 vehicles used in fly-tipping were also seized.

The photographs on this page shows people we want to question about anti-social behaviour offences or non payment of FPNs. If you recognise anyone, please call **020 3373 4479** and quote the reference number beside the image. We also chase down people who fail to pay and will prosecute where we can.

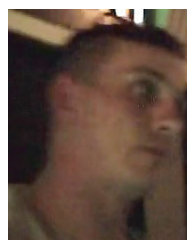
To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute, including publishing a photograph of you if we need to establish your identity. Contact us now and maybe you will be able to avoid prosecution.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement.**

Call 020 3373 4479 and quote the reference number underneath the image.



Ref: 90035773



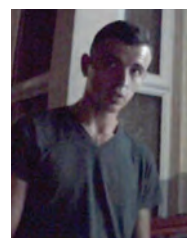
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Ref: 90052647



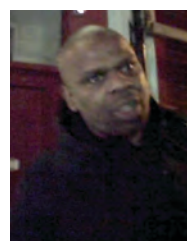
Ref: 90056011



Ref: 90056014



Ref: 90056643



Ref: 90056836

**New
Deal
For
Newham**

Don't put up with rubbish. Don't drop it and if you see it, report it. To get it cleared up, report it online at:

www.newham.gov.uk/MyNewham

**or download the Love Newham app by visiting:
www.newham.gov.uk/lovenewham**

CAUGHT ON CAMERA

Have you signed up for e-billing?



If you sign up for e-billing we will send you your Council Tax bill online as soon as it becomes ready and you can help us save the environment by reducing paper waste.



If you sign up by 2 March 2018 you can receive your 2018/19 Council Tax bill online

To sign up today please visit:
www.newham.gov.uk/ebilling



Margaret Underwood, 79,
cancer survivor

1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

A lump isn't the only sign of breast cancer. If you notice any changes to your breasts, tell your doctor straight away.

**BE CLEAR
ON CANCER**

nhs.uk/breastcancer70

Care in Newham

Go online for a quick and easy way to find out about local adult social care and health services.

www.newham.gov.uk/careinnewham



See your Council Tax bills online



Roads



Cleaning



Education

Your Council Tax helps to pay for services that Newham's residents use every day, from having your bins emptied to educating your children, roads and lighting as well as libraries, social care services and police and fire services.

This year, if you sign up for e-billing by 2 March, you will be able to view your 2018/19 Council Tax bill online as soon as it is ready. It will also help the environment by reducing paper waste.

Mayor Sir Robin Wales is proposing

that for the tenth year in a row, residents will not have to pay a penny more in the Newham element of Council Tax, which would keep it at the lowest in outer London.

Every year Newham Council sends out 150,000 printed Council Tax bills at a cost of £75,000. When you sign up for e-billing you can help reduce postage costs so that we can make efficiency savings and spend more money on vital services.

Receiving your Council Tax bill online

means you won't have to worry about postal delays or lost hard copies because when you sign up, you will receive an email to let you know when your bill is ready so you can view and pay securely online.

You can also view your bill on the move through your smart phone or tablet device and if needed, you can print it out at a time that suits you.

To sign up visit:

www.newham.gov/ebilling



Sort out another bin for your recycling.



In Newham we provide a recycling service because we must all do our part to protect the environment. You can help by recycling as much as you can at home.

It is important to know what can and can't be recycled. In Newham we collect paper, cardboard, tins and cans and plastic bottles. We do not collect plastic containers or plastic packaging. Glass is extracted from your rubbish collection and recycled.

If you are unsure about whether or not an item can be recycled in Newham you can check our online Recycleopedia by visiting www.newham.gov.uk/recycling

In a recent survey by Recycle For London, 33% of London residents who took part said they would recycle more if they had more than one bin at home. Placing a small bin or reusable bag near your regular rubbish bins around the home is a great way to collect household recycling. You can

also get your children to decorate a plastic or cardboard box to store all the recycling. This will make it look nicer and encourage them to use it too. Visit www.recycleforlondon.com/onebinisrubbish for more tips.

You can create more space in your recycling collection by squashing plastic bottles, drink cans and paper packaging. Please rinse away any excess cleaning and food products from tin cans and plastic bottles to avoid damaging dry paper and cardboard.

If your recycling bin is full, you may be tempted to quickly pop recyclable items to your rubbish collection. By getting into the habit of regularly emptying your recycling collection into your communal bin or front garden bin when heading out, you can avoid recycling bin congestion.

For more general information on recycling in Newham please visit www.newham.gov.uk/recycle

Designs that can make waves

Youngsters with a flair for art and design could win a boat trip for their school by designing a poster to promote a new boat service.

The Gasworks Dock Partnership at Cody Dock, Canning Town, is celebrating the launch of its community boat, The River Princess, and is inviting students across Newham to design a poster advertising the new service. Five winning designs will win a free trip along the River Lea for as many as 80 people.

The poster should celebrate the River Lea and can draw on its diverse ecology, rich heritage or the types of activities the boat will be delivering. The poster can be created using any medium including drawing, painting, collage, digital or

photography, as long as it is original and eye-catching.

The deadline for submitting entries is Sunday 25 March. For information visit www.gasworksdock.org.uk



Pupils with Andre Lockhart

Sporty students meet basketball star

Young sporting leaders from Kaizen Primary School in Plaistow enjoyed an opportunity to meet a basketball icon at a game between London Lions and Cheshire Phoenix.

Fourteen of the school's sport stars and three members of staff went to the Copper Box Arena in Queen Elizabeth Olympic Park to watch the match that was won by the Lions.

At the end of the game the London Lions players met fans for photos and autographs, including star Andre Lockhart who was happy to spend some time talking with the children and posing for pictures. The children were excited to meet him and asked questions about the game.

Year Five pupil Samuel Gordon said: "It was an amazing experience because we got to cheer on our local London Lions. We all enjoyed it."

Champions needed to end harmful practice



A Female Genital Mutilation (FGM) prevention and support service in Newham is looking for ten community champions to support its work in the borough.

The volunteer champions will work with the Manor Gardens Welfare Trust to support communities affected by the practice to take positive action to tackle it, including raising awareness of the risks and complications of FGM, the support services available and how to safeguard girls at risk.

Potential champions will need to have good links to the community, the ability to speak a relevant community language, knowledge of FGM and its consequences and be committed to safeguarding girls from the practice.

Anyone interested will receive in-depth training from a wide range of experts as well as on-going support in their role.

The deadline for applications is Friday 2 March. For an application pack contact Alima Dimonekene on 020 3384 9413 or email alima@manorgardenscentre.org



Flying doctors given a lift

Students at a Newham-based school who spent two weeks raising money have presented a cheque for £1,800 to London's Air Ambulance.

More than 100 students at East London Science School collected the cash in May last year during the school's Enrichment Fortnight.

They presented the cheque to Dr John Chatterjee, anaesthetic consultant from the Air Ambulance, which deploys emergency helicopters to provide rapid and effective treatment to trauma patients after injury. School principal David Perks selected the flying doctors as the beneficiary of the collection.

Dr Chatterjee told the students what an important contribution they had made to a vital service. He said: "Your fund-raising meant my team could come to the assistance of patients like a young boy who had been hit by a car. We were able to save his life."



Dr Chatterjee and pupils

Good causes funding up for grabs



Last year's recipients

The Aspers Good Causes Fund, set up by Aspers Casino in Stratford and Newham Council to support community projects that help residents build confidence and skills, is inviting submissions from community groups looking for funding.

The programme began in 2013 to help and improve community life in Newham. It is open to any not-for-profit organisation working in the fields of education, art, dance, music, sport and the environment. Eighty-one projects have so far received awards, totalling more than £456,000.

The 2018 programme is open for applications for small grants up to £1,000 or larger grants up to £7,500. The deadline for submissions is 5pm on 23 March. Organisations should be based in or working in Newham. The proposed projects must benefit borough residents.

Visit www.newham.gov.uk/goodcausesfund to download an application form and guidance notes. Email goodcausesfund@newham.gov.uk or call 0203 373 6019 for more information.

Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or newhammag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries.

GALLERY



Jennifer Bosco, 9



Abdulhaseeb Syed, 9



Ayma aqeel, 6



YueLin Bai, 7

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newhammag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Word-Fit

Jokes

Q What kind of nuts do you eat in outer space?

A Astronuts.

Q What does a train say when it has a cold?

A Achoo-choo.

Q Why was the cook so unhappy about working in the margarine factory?

A She was hoping for something butter.

Q Why were the apples thrown off Noah's Ark?

A Because only pears were allowed.

Q Why can't the train play music?

A Its on the wrong track?

Q Why did the vampire fail in art class?

A She could only draw blood.

Q What do you call a nervous witch?

A Twitch.

Syed Muhammad, 8

Word-Fit

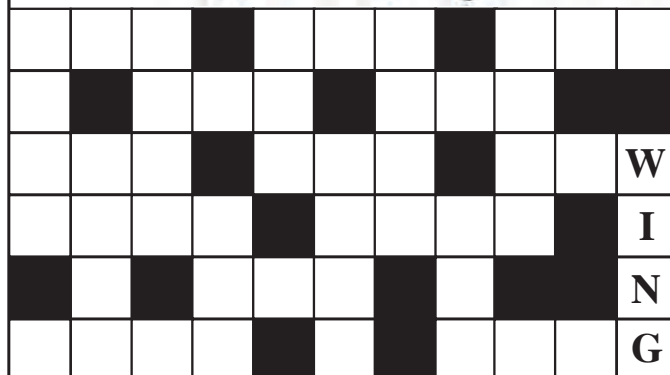
You must fit all the words into the grid

3 letters

APT
DRY
EYE
ICE
OUT
PET
PRO
RAP
ROC
ROW
TEA
VIE

4 letters

ACRE
CAST
ESPY
EVEN
EVIL
LAND
ORAL
SLOE
STAY
TWIG



WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE

1

World Book Day Celebration - Dress up as a character from your favourite story and join us for a storytelling and craft activity. Free session for children aged 5- 12years. Thursday, 1 March, 3.30-4.30pm, Manor Park CNC, Romford Road, E12.

2

Move Me Dance Sessions - Interactive fun dance sessions for all the family, open to both dancers and non-dancers. Tuesdays, 6.45-7.45pm, East Ham CNC, Barking Road, E6.

3

Spring Clean Weekend - An opportunity for community groups and residents to come together for a spring clean of the local area. Saturday, 3 March, 10am -1pm, Manor Park CNC, Romford Road, E12.

TRY SOMETHING NEW

POSITIVE MIND SET FOR 2018

Free one hour talk by inspirational speaker and illustrator Kim Wymer to inspire and give you that power boost you need to approach life's challenges. For all aged 16 and over. Wednesday, 28 February, 6-7pm, Stratford Library, The Grove, E15.



Indicates free sessions

Libraries unless stated.

UNDER-FIVES



Storytelling

Mon, 10.30-11.15am, Custom House; **Tues, 10.30-11.30am, East Ham CNC**, Tues, 10.45-11.30am, **Tues, 1.15-2pm, Custom House & Canning Town CNC**; Tues, 10.30-11.30am; **Tues, 11am-12pm, Fri, 11am-12pm, Stratford**; **Fri, 10.30-11.30am, Manor Park CNC**; Tues, 10.30-11.30am, Forest Gate CNC; Tues, 10.30-11.15am, **Thurs, 2-3pm, Plaistow**; Tues, 10.30-11.15am, North Woolwich; Tues, 10.30-11.30am, Beckton Globe

Stay and Play

Support for parents and carers to develop their child through play. **Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC**;

Weds, 10am-12pm, Sat, 11am-1pm, Stratford

Reading Together

Thurs, 2.30-3pm, Custom House

Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. **Weds, 12.30-1.30pm, Manor Park CNC**

Triple P Parenting

Parenting techniques for children aged 18 months plus. **Tues, 5.30-7.30pm, East Ham CNC**; **Weds, 12.45-2.45pm, Manor Park CNC**

Bumps and Bundles Group

Interactive session for parents and carers of babies under 18mths. **Mon, 10am-12pm, Stratford**

Music and Movement

Tues 9.30-10.15am, Plaistow

Bumps and Babies

For babies under 12 months **Fri, 1-3pm, Forest Gate CNC**

Playdoh Club

Develop skills including cognitive, fine motor, hand eye coordination, social, literacy and numeracy with playdoh. **Sat, 11.30-12.30pm, Green St**

Bubble Time and Nursery Rhymes

A free interactive session designed for children to engage with one another. **Sat, 11.30-12.30pm, Green St**

YOUNG PEOPLE



Chatterbooks (7-12)

A new book club to inspire young children to read for pleasure. **Sat, 2.30-3.30pm, Plaistow**; **Weds, 5-6pm, Forest Gate CNC**; **Tues, 4-5pm, North Woolwich**, **Mon, 4-5pm, Custom House**; **Mon, 4-5pm, Custom House & Canning**

Town CNC, Mon, 4-5pm, Beckton Globe; **Mon, 3.30-4.30pm, Manor Park CNC**; **Sat, 3-4pm, Custom House & Canning Town CNC** **Weds, 4-5pm, East Ham CNC**; **Chatterbooks Family Arts and Crafts, Fri, 5-7pm, Chatterbooks Express Yourself, imaginary play, (5-12yrs), Sat 11am -12pm, East Ham CNC**

Arts and Craft Workshop (6-12yrs)

Sat 2-3pm, Custom House & Canning Town CNC; **Sat, 2-3pm, Custom House**; **Sat, 1-2pm, Green St**; **Sat, 2-3pm, North Woolwich**; **Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow**; **Tues, 4-5.30pm, Forest Gate CNC**

East Ham IT Youth Zone

Support in using IT for homework and fun. **Mon, 4.15-6.15pm, East Ham CNC**

Family Movie Club

Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-6pm, North Woolwich; Fri, 4-6pm, Forest Gate CNC; Sat, 2-4pm, Beckton Globe; Sat, 4-5.30pm, Manor Park CNC

Lego Club

Create Lego models based on weekly themes. Sat, 3-4pm, Forest Gate CNC; Sat, 2-3pm, Green St; Sat, 2-4pm, East Ham CNC; Tues, 3.30-4.30pm, Manor Park CNC

The Chill Spot (11-19yrs)

Activities include table tennis, discussions, creative workshops. Mon, Weds, 3.30-6pm, Stratford

Homework Club

Study support from volunteers. Age: Varies site to site. Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

Street Dance (13-19yrs)

Learn Street Dance and develop new skills and fitness every week. Mon 4.30-5.30pm, Plaistow

Tae Kwondo Classes

Free classes for 4-14-year-olds. Sat, 12-1pm, Custom House & Canning Town CNC, 18 Rathbone Market, Barking Road, E16. Contact Master Khan on 07984684805 or email: Khanqublackbelt@yahoo.co.uk

Family Wallball

Come along for some fun for all ages and all the family and introduce yourself to a fun social activity involving left

to right co-ordination using a ball. Sat, 10.30-11.30am, Green St

Let's Learn

Free study support session for Key Stage 1 and 2. Need help preparing for SATS? Join our free fun learning class which focuses on English comprehension and Maths. Fortnightly, Sun, 2-4pm, Stratford

World Book Day Party

Join us for a World Book Day celebration and take part in storytelling, reading, fun and games. Thurs, 1 Mar, 4-5.30pm, Stratford

Steelpan Workshop (13+)

Learn how to play steelpan for free. Sun, 2-3pm, Stratford

Family Cookery: Food Academy

A family cookery group with a different theme each week. Please book in advance by contacting East Ham CNC. Thurs, 4-5pm, East Ham CNC

ACTIVITIES AND SUPPORT



Chess Club

Tues, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Thurs, 5-6pm, Plaistow

Coffee Mornings

Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Custom House & Canning Town CNC; Tues, 11am-12.30pm, Custom House, Third Tues of the month, 10.30am-12pm, Plaistow; Tues, 11.30am-

1pm, Beckton

Do It Online (18yrs+)

Computer classes. Weds, 10am-12pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House, Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton

Life in the UK Classes

12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton

English Conversation Club

Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Thurs, 5-6pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St; Mon, Fri, 11am-12pm, Beckton Globe

Poetry Group (16+)

Sat, 11am-1pm, Mon, 6-7.30pm, Stratford; Weds, 6-7.30pm, East Ham CNC; Tues, 2-3.30pm, Jack Cornwell C.C. email sonesquin@hotmail.com

Creative Writing and Poetry Group (16+)

Thurs, 6.30-7.30pm, Custom House & Canning Town CNC

Book Club and Creative Writing Group

Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park CNC

Adult Reading Groups

Come and talk about your favourite books and discover new writers. Third Sat of the month, 11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC

National Careers Service

Find out about different careers and what qualifications or skills you require. To book appointment call 07415241941. First and third Thurs of the month, Stratford

Memory Lane Café

People with dementia and their carers can come together and share experiences, exchange information and socialise. Last Thurs of the month, 1-3pm, East Ham CNC

Together We Can

Fortnightly social group for adults under 50 who have had a stroke. Fri, 2-4pm, Plaistow

Dominoes (13+)

If you're new to domino games, or just need a brush-up on the basics come and join in. Sat, 2.30-7pm, Beckton; Weds 2-4.30pm, Mon 1.30-4.15pm, Beckton C.C; Fri, 6-10pm, Forest Lane Lodge, Forest Lane Park, Magpie Close, E7

Dementia Cinema

Aimed at dementia patients. Refreshments provided. Cost is £4 although carers go free. Advance booking is required for wheelchair users. Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15.

Citizens Advice Sessions

Free advice sessions on money management, energy saving tips as well as debt and income maximisation. By appointment only. First Mon of the month, 11am-1pm, Manor Park CNC

Skills For Life

Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. **Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St**

Workplace Drop-Ins

For Newham residents looking for employment to discuss job vacancies and training. **Thurs, 8 Mar, 3-5pm, Manor Park CNC; Thurs, 8 Mar, 2-5pm, Custom House & Canning Town CNC; Weds, 7 Mar, 3-5pm, East Ham CNC; Weds, 7 Mar, 2-4pm, Stratford.** For more information, email: Rehana.b@newham.gov.uk

Hatha yoga

Mon, 7.30-8.30pm, East London Rugby Club, 71 Holland Road, E15. Introduction price: 5 classes for £25 or £8 per class or £32 for 5 classes. For more details, email info@im-maui.com

Grants Surgery

Advice session for residents wanting to be a Community Builder, or apply for a Newham Let's get the Party Started or Go For it Grants. **Weds, 11am-12pm, Green St; Tues, 11am-12pm, Forest Gate CNC**

Active Centre Over 50s

Social club with Dominoes and card games. **Weds, 12.30-4pm, Forest Gate Learning Zone**

Help Keep Forest Gate Clean

Join your community and help make a difference to your neighbourhood. Activities will include fly poster removal, litter picking and reporting larger issues such as fly tipping, via the Newham App. **Last Thurs of the month, 10am-12pm, Forest Gate CNC**

ICT Drop in

Support with emails, My Newham, Parking permits. Drop in session. **Tues, 11am-12pm, Green St**

Getting more from your library membership card

Session for introducing users to e-books and online resources which are free with your Newham Library card. **Mon, 11.30am-12.30pm, Fri, 11.30-12.30pm, Green St**

Positive life Skills

Increase your self-esteem by knowing yourself and learn positive life skills for new opportunities taught by experienced coach, free, for 15 years and over. **Sat, 11am-12.30pm, Manor Park CNC**

Creative English

Free programme of English speaking and listening lessons from the 'Faith in Action' charity. Topics covered by trained teachers are practical situations you will need every day. Suitable for beginners who need functional English skills. Women only. **Weds and Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St**

Home Creations Craft Group

This new crafts group is a chance to meet your neighbours and develop your creativity while producing something special to brighten your home. **Tues, 10.30am-12.30pm, East Ham CNC**

Skills Development Workshop (16+)

Join us at our employability skills workshop. Support with CV writing, cover letter and interview techniques. **Mon, 26 Feb to Fri, 2 Mar, 9.30am-4pm, Stratford**

Creative Writing

Explore different means of self-expression using various styles of writing. Learn new skills and make new friends.

Sat, 11am-1pm, Stratford

Reading for Pleasure Group

Join our reading group, make new friends and explore the world of reading. **Fortnightly, Thurs, 6.30-7.30pm, Stratford**

East Ham CNC Meet and Greet

Are you a new library member or do you just want to know more about the services that we offer? Then come and meet the team, take a tour and find out more. **First Thurs and Tues of the month, 9.30-11.30am, East Ham CNC**

COMMUNITY ACTIVITIES



Newham Super Choir

All ages. **Tues, 10.30am-12pm, Beckton C.C**

Beckton Women's Group

Enjoy a variety of skills including sewing, fruit decorating and dancing at a cost of £2 per session. **Tues, 10.30am-12.30pm, Beckton C.C**

A1 Judo Club

Get fit while learning a martial art at judo sessions on Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Road, East Ham.

UK Wallball

Fun activity for the whole family. For more information, contact Shareen Akhtar on 0794 6540970 **Sat, from 10.30-11.30am, at Green St Library, 337-341 Green St, E13.**

Unity Zumba

Mon, 8-9pm, at Flipout, 281 Barking Rd, East Ham; Tues, Thurs, 8-9pm, St Mark's C.C. £5 per session.

Chai & a Chat

The Larder Café and East

Ham CNC present Chai and a Chat an evening of spoken word, acoustic music and poetry. For more information please contact East Ham CNC. **Mon, 26 Feb, 5.30pm for registration for open mic event 6-8pm**

Health is wealth

Women's health based group. For more information please contact healthiswealthproject@outlook.com **Last Monday of the month 12-2pm, Beckton Globe**

Career Progression Hub

To book call 020 7476 1666 **Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at RDLAC, Albert Road North Woolwich E16**

Self defence and fitness

Fri, 8-9am, East Ham CNC

Journey to Justice Exhibition Launch (10+)

Launch with live music, stories and light refreshments about Newham history focused art exhibition about the civil rights movement. Free but booking required via link: <https://www.eventbrite.co.uk/e/launch-of-journey-to-justice-newham-music-and-freedom-project-tickets-42670287980> **Sat, 3 Mar, 3-5pm, Beckton Globe.** The exhibition will run from **Mon, 5 Mar to Sat, 31 Apr.** For more information, see link <http://journeytojustice.org.uk/projects/journey-to-justice-newham/>

BOXING AND SELF DEFENCE



Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13.

Call 020 8472 3614

Martial Arts (adults)

Learn new skills, self defence.
Adults, £3. Thurs, 6-7pm,
Beckton Globe

Women's Boxing

Mon 9.15-10.15am,
Katherine Rd C.C.

Taekwondo (4-14)

Learn new martial arts skills.
Sat, 12-1pm, Custom House
& Canning Town CNC.

Introduction to Taekwondo and self defence

Children and young
peoples club for ages 4-14.
Booking is essential. 10-
week programme. To book,
contact Green Street Library
on 020 3373 0857 or email
CN.Greenstreet@newham.
gov.uk Fri, 6.45-7.45pm,
Green St

HEALTH AND FITNESS



Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton
C.C.; Sat, 6-7.30pm,
Stratford; Sat, 2.30-4.30pm,
Forest Gate CNC; Thurs,
6-7.30pm, Beckton Globe

Yoga

Free. Mon, 6-7pm, Beckton;
Weds, 6-7.30pm, £2, East
Ham Town Hall; Thurs,
8-9am, East Ham CNC;
Sat, 10am-12noon, £1;
Mon, 4.30-5.30pm, for
13+, Plaistow; Thurs,
6.15-7.45pm, Thurs 8.15-
9.15am, (over 50s) Forest
Gate CNC; Fri, 8.05-
8.45am, Custom House &
Canning Town CNC; Thurs,
6-7.30pm, Stratford; Tues,
1.30-2.30pm, £1, Mon,
Tues, 6-7.30pm Green St;
Weds, 12.30am-1.30pm,
Katherine Rd C.C. First class
£5, then £8, Mon 7.15-
8.45pm, Maryland Studioz,
Leytonstone High Road, E15

Stroke Club (18+)

For men and women living

with the effects of stroke.

Weds, 2-5pm, Katherine Rd
C.C.

Pilates Classes (18+)

Mon, 9.30-10.30am, Jack
Cornwell C.C.; Thurs, 6-7pm,
Manor Park CNC; Thurs,
8-9pm, East Ham CNC

Tai Chi in the Park (18+)

Forest Lane Park, E7. Meet
at corner of Forest Lane and
Magpie Close. Mon, 10.15-
11.15am

Modern Arnis

Filipino martial art with sticks.
Tues, 4-5pm (children),
Thurs, 5-6pm (women), Sat,
11am-12pm (children), Jack
Cornwell C.C.

Zumba

Registration essential.
Bring water and a towel,
for all ages and abilities.
Mon 9.30-10.30am (£3) Fri
9.30-10.30am (£2) Over 50s
free, Jack Cornwell C.C.; Fri
6-7pm (free) Custom House
& Canning Town CNC;
Weds, 6.30-7.30pm (free)
Manor Park CNC; Tues 5.30-
6.30pm (free) Stratford;

Space For Me (16+)

Health and wellbeing
fitness class with friendly
conversation. Women only,
£2 per session. For more
information, call or text 0794
983 6036. 9.30-11am,
Beckton Globe Youth Zone

Salsa

Liven up your Friday night
and join our free salsa class.
All ages welcome. Fri, 6.15-
7.15pm, East Ham CNC

Skills Development Workshop (16+)

Join us at our employability
skills workshop. Support with
CV writing, cover letter and
interview techniques. Mon,
26 Feb – Fri, 2 Mar, 9.30am-
4pm, Stratford

Salsa (18+) Free

Mon, 3.15-4.45pm, Beckton

C.C., Sat, 6-7.30pm,
Stratford; Sat, 2.30-4.30pm,
Forest Gate CNC; Thurs,
6-7.30pm (16+), Beckton
Globe; Fri, 6.15-7.1pm (all
ages), East Ham CNC

50+ ACTIVITIES



Quadrille Dancing

Try this classic dance style.
Mon, 1.30-2.30pm, East
Ham CNC

Bingo

Mon, 11.30am-1.30pm,
Beckton C.C.; Mon, 12-4pm,
Jeyes C.C., Thurs, 7-9pm,
Jack Cornwell CC

Active Centre Group

Mon, Weds, Fri, 1.30-4pm,
Beckton C.C.

Dominoes Group

Weds, 1.30-4.30pm, Plaistow

Get Active, Get Healthy, & Exercises for Fitness

Thurs, 11am-12pm, Jack
Cornwell C.C.

Tone-Tastic

Exercise class for over 18s.
Mon, 2-3pm, Forest Gate
CNC

Chair Based Exercise

For all fitness levels. Fri,
10.30-11.30am, East Ham
CNC; Tues, 12.30-1.30pm,
Manor Park CNC; Mon,
10.30-11.30pm, Green St;
Mon, 12.30-1.30pm, Jeyes
C.C.

Fitness

Fitness circuit, mixed,
9.15-10am, Thurs; Fitness
circuit, mixed, 10-10.45am,
Thurs; Zumba, 1-2pm, Tues,
ladies only; Exercise for
ladies, 9.30-10.30am, Fri;
Exercise for ladies, 10.30-
11.30am, Fri, yoga for ladies,
1-2pm, Fri. Katherine Rd C.C.

Zumba

Women only session. Tues,
1-2pm, Katherine Rd C.C.

Bollywood Moves

Women only. Mon, 10.30-
11.30am, Thurs, 11-12pm,

Katherine Rd C.C.

Ballroom Dancing

Join Stratford Latin and
ballroom dance classes.
Mon, 12-12.45 for
beginners, 1-1.45pm for
advanced, Carpenters and
Docklands Centre

Get Active, Get Healthy, - Line Dancing for Fitness

Age: 50+ Come along and
learn the choreographed
dance of line dancing. Thurs,
10.30-11.30am, Bryant St
C.C.

Smart Project

Social Group for the over
50s. Join in with a lively
discussion, social networking
and refreshments. Thurs,
11am-1pm, Jeyes C.C

Fitness Exercise for men

Fitness exercise for 50+ men
only. Thurs, 2.30-3.30pm,
Katherine Road C.C

Tea dance

Weds, 2.30-4pm, Custom
House & Canning Town with
live music.

Bollywood Dance

Dance class for the over 50s.
Thurs, 2-3pm, Forest Gate
CNC

Fit Steps

Dance class for all abilities.
Tues, 11am-12noon, Forest
Gate CNC

Line Dancing

For the over 50s, £1 per
session. To book, call 0206
476 1666. Royal Docks
Learning & Activity Centre,
Albert Road, E16

Home Creations Craft Group

Come and make a beautiful
decoration for your home
using recycled objects and
craft materials. Mon, 10.30-
12.30pm, East Ham CNC

GREEN



Green Volunteering

Tues and Thurs, 10am-2pm

Silvertown, Wy, E16 (opp. Hallsville Rd)

Caravanserai Garden Volunteering

For information call 07773 863384 *Thurs and Sat, 11am-3pm, Silvertown Wy, E16.*

Pit Stop Gardeners

Join our group of community gardeners led by Project Green Thumb with a range of different sites and gardens to visit across East Ham. *Weds, 9.30am-12pm, beginning 21 Feb, East Ham CNC*

Spring Clean Weekend

Fri, 2 Mar, 10am-12pm, Forest Gate CNC

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Modern Arnis Martial Arts (16yrs+)

Tues, 5-6pm. Call 07473 030 250, Jack Cornwell C.C.

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C., Vicarage Ln, E6. £1. Call 07741 292893; Thurs, Pilates, 7-8pm, £2. The Froud Centre, Romford Rd, £12. Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young people. *Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13. Contact Paul495@btinternet.com or call 07811 671 082*

RUNNING AND ATHLETICS



Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756
www.parkrun.org/beckton

East End Road Runners

Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. *Tues and Thurs, 7pm. Sun, 9am. Call 07979 261647*

Running and Athletics

Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

SPORTS



Black Arrows Badminton Club

Adults: *Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173*

Adult Tennis (16+)

Sun, 10-11.30am, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West

Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL



Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

Senior Programme

Division 2 women and division 3/4 men. Rokeby School, E16. *Mon, 7.30-9.30pm* Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. *Mon, 26 Feb, 7pm, Council; Mon, 5 Mar, 6.30pm, Newham Schools Forum, Francis House, 760 Barking Road, E13; 7pm, Local Development Cttee; Tues, 6 Mar, 3pm, Newham Partnership- Employment and Enterprise Partnership Action Board; 3.30pm, Newham Partnership – Children and Young People Trust; 7pm, Overview and Scrutiny Cttee; Thurs, 8 Mar, 5pm, Cabinet, 5.05pm, Mayoral Proceedings*

CONTACT THE MAYOR

Here to Help sessions

Please register 30 minutes before session starts. Sat, 24 Feb, 10am, East Ham Customer Service Centre and Library, Barking Road, London, E6

Thurs, 1 Mar, 12pm, Stratford Old Town Hall, The Broadway, Stratford, E15
Thurs, 8 Mar, 11am, Canning Town Library, Barking Road, London, E16

Telephone surgery

Weds, 28 Feb. Please call 020 8430 2000 between 10am and 11am and leave your contact details.



CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS CENTRES

Beckton Globe 020 3373 0853
Custom House & Canning Town CNC 020 3373 0854
Custom House Library 020 3373 0855
East Ham CNC 020 3373 0827
Green Street 020 3373 0857
Forest Gate CNC 020 3373 0856
Manor Park CNC 020 3373 0858
North Woolwich 020 3373 0843
Plaistow 020 373 0859
Stratford 020 3373 0826
Archives and Local Studies 020 3373 6881

COMMUNITY CENTRES (C.C.)

Beckton C.C. 020 7511 1214
East Ham Market Hall 020 8471 0292
Jack Cornwell C.C. 020 8553 3459
Jeyes C.C. 020 3373 2205
Katherine Rd C.C. 020 8548 9825
St Mark's C.C. 020 7474 1687
Vicarage Ln C.C. 020 8519 0235
Harold Rd Centre 020 8472 2805
Queens Market 020 8475 8971
Rabbits Rd Institute 020 3373 0858
Royal Docks Learning Activity Centre 020 7476 1666
St John's Church 020 8503 1913
St Bartholomew's Church & Centre, 020 8470 0011
The Community Resource Centre, 020 3373 2697
St. Paul's Church Centre, 020 8552 9955

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

INITIAL DEMOLITION NOTICE

Under Schedule 5A of the Housing Act 1985 as amended

This Notice is given by London Borough of Newham of Newham Dockside, 1000 Dockside Road, London E16 2QU ("the Council")

RE: The intention of the Council to demolish the buildings at Lund Point, Dennison Point, 52-62 Doran Walk, 1-27 (except 1A and 1B) Biggerstaff Road, 2-138 Biggerstaff Road and 26-38B Warton Road located on Carpenters Estate, Stratford E15.

The Council is required by Schedule 5 of the Housing Act 1985, to publish the following information:-

- The Council intends to demolish the buildings at:
 - 1-56 Lund Point, Carpenters Road, London E15 2JN
 - 57-112 Lund Point, Carpenters Road, London E15 2JW
 - 113-164 Lund Point Carpenters Road, London E15 2JP
 - 1- 68 Dennison Point, Gibbins Road E15 2LY
 - 69-134 Dennison Point, Gibbins Road E15 2LZ
 - 52-62 Doran Walk, London E15 2JT
 - 2-60 Biggerstaff Road, London E15 2LU
 - 62-138 Biggerstaff Road, London E15 2LX
 - 1-27 Biggerstaff Road (except 1A and 1B), London E15 2JR
 - 26-38B Warton Road, E15 2JU
 located on the Carpenters Estate Stratford E15 ("the Relevant Premises").
- The demolition of the Relevant Premises is necessary for the regeneration of the Carpenters Estate.

- The Council intends to demolish the Relevant Premises between 21st February 2018 and 20th February 2025.
- The Council will be serving initial demolition notices upon the tenants of the Relevant Premises. These notices will remain in force until 20th February 2025 unless extended, revoked or otherwise terminated by virtue of paragraph 3 of Schedule 5A of the Housing Act 1985.
- Whilst the notices are in force the Council will not be under any obligation to make such a grant as is mentioned in section 138(1) of the Housing Act 1985 in respect of any claim to exercise the right to buy in respect of any of the Relevant Premises.
- There may be a right to compensation under section 138C of the Housing Act 1985 in respect of certain expenditure in relation to any existing right to buy claim in respect of any of the Relevant Premises.

You may obtain further information about this Notice from:
Newham Council Regeneration Team on 020 3373 1443 or by emailing regeneration@newham.gov.uk



Simon Letchford
Director of Commissioning (Community and Environment)
21st February 2018

INITIAL DEMOLITION NOTICE

Under Schedule 5A of the Housing Act 1985 as amended

This Notice is given by London Borough of Newham of Newham Dockside, 1000 Dockside Road, London E16 2QU ("the Council")

RE: The intention of the Council to demolish the buildings at: Area 2a – 1-36 Kennedy Cox House on Burke St, Bothwell Close, 2-52 Forty Acre Lane (evens) , Formunt Close, 2-132 (evens) Lawrence Street and 1-39 (odds) Lawrence St; Area 6 - 2-32 (evens) Hartington Rd, 2-80 (evens) Ethel Road and 37-75 (odds) Ethel Road, 82-178 Leslie Road (evens), 1-25A Throckmorton Rd (odds), 24-38 Freemasons Rd (evens) and 1-7 Vandome Close (odds); and part of Area 19 - 1- 26 Normandy Terrace located in the Canning Town and Custom House Regeneration Programme area E16.

The Council is required by Schedule 5 of the Housing Act 1985, to publish the following information:-

- The Council intends to demolish the buildings at
 - Area 2a:**
 - 1-36 Kennedy Cox House, Burke Street London E16 1EU
 - Bothwell Close, London E16 1QS
 - 2-52 Forty Acre Lane, London E16 1QT
 - Formunt Close, London E16 1QR
 - 2-72 Lawrence Street, London E16 1HG
 - 74-132 Lawrence Street, London E16 1HQ
 - 1-39 Lawrence Street, London E16 1ER
 - Area 6:**
 - 2-32 Hartington Rd (evens), London E16 3NP
 - 2-80 Ethel Road, London E16 3AU
 - 37-75 Ethel Road, London E16 3AT
 - 82-178 Leslie Road, London E16 3AZ
 - 1-25A Throckmorton Rd, London E16 3DN
 - 24-38 Freemasons Rd, London E16 3NA
 - 1-7 Vandome Close (odds), London E16 3SA
 - Area 19:**
 - 1-26 Normandy Terrace, London E16 3AS
 located in the Canning Town and Custom House Regeneration Programme area ("the Relevant Premises").
- The demolition of the Relevant Premises is necessary for the regeneration of the Canning Town and Custom House Regeneration Programme area.
- The Council intends to demolish the Relevant Premises between 21st February 2018 and 20th February 2025.

- The Council will be serving initial demolition notices upon the tenants of the Relevant Premises. These notices will remain in force until 20th February 2025 unless extended, revoked or otherwise terminated by virtue of paragraph 3 of Schedule 5A of the Housing Act 1985.
- Whilst the notices are in force the Council will not be under any obligation to make such a grant as is mentioned in section 138(1) of the Housing Act 1985 in respect of any claim to exercise the right to buy in respect of any of the Relevant Premises.
- There may be a right to compensation under section 138C of the Housing Act 1985 in respect of certain expenditure in relation to any existing right to buy claim in respect of any of the Relevant Premises.

You may obtain further information about this Notice from: Newham Council Regeneration Team on 020 3373 1443 or by emailing regeneration@newham.gov.uk



Simon Letchford
Director of Commissioning (Community and Environment)
21st February 2018

Ignorance is no excuse

You will be fined for using illegal waste disposal services.



**"Newham has issued more £400 fines for
fly-tipping than any council"**
Sir Robin Wales, Mayor of Newham
www.newham.gov.uk/flytipping